

# **بسم الله الرحمن الرحيم**

**In the Name of Allah,  
The Entirely Merciful,  
The Especially Merciful**

**How to attain**

**Barakah( from Allah)**

**Compilation**

EDRIS KIBALAMA

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“Your writing is both inspirational and  
motivating...”

Halima Sarki

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# **Introduction**

## **Bismillahirrahmaanirraheem**

In The Name of Allah, The Entirely  
Merciful, The Especially Merciful This  
is a book about How to attain  
Barakah( from Allah)- Compilation-  
by the will of Allah.

Source: Madrasatuna

## **Text(Matn)**

### **Bismillahirrahmaanirraheem**

In The Name of Allah, The Entirely  
Merciful, The Especially Merciful  
Alhamdulillah wassalaatu wassalam  
'alaa Rasuulillah

All praises be to Allah and  
salutations and peace be upon the  
Prophet Muhammad, His Family, His  
Companions and all those that follow  
him until the day of Judgement

To proceed  
BARAKAH

Barakah does not exist in anything except that it is increased beyond normal expectations.

If you are endowed with Barakah, you will accomplish a great deal in less time, achieve more with little/no resources, and endure laborious activities with minimal effort.



How does one attain Barakah?

Here is the first way to attain  
Barakah:

**1. Say Bismillah before starting:**

Allah is blessed in His Essence, so  
too are His Names and Attributes:

Allah says:

“Blessed is Allaah, Lord of the  
worlds.” [Surah Al-A-râf: 54]

And He( Allah) says:

“Blessed are the Names of your  
Lord”

[Surah Ar-Rahmân: 78]

Barakah comes from Allaah alone, so  
it should only be sought from Him.

This is why we mention Allaah's  
Name before commencing a task.

We do this before eating, drinking,  
undressing, leaving and entering the  
home etc etc, as taught by the  
Prophet صلى الله عليه وسلم.

Here is the second way to attain  
Barakah:

## 2. Purify your intention

Sincere intentions increase the reward of deeds exponentially. The Prophet ( ﷺ )

said ( ﷺ ) :

“Deeds are based on intentions, and everyone will be rewarded according to their intentions.”

[Muslim]

What's more, good intentions can turn normal day to day tasks into mountains of reward.

The Prophet (ﷺ) **صَلَّى ﷲُ عَلَيْهِ وَآلِهِ** :said **(وَسَلَّمَ)**

“When a man spends on his family, HOPING FOR REWARD, that is (counted as) an act of charity for him.”

[Bukhari]

Don't you not want to be rewarded  
for engaging in something as  
relaxing as sleeping.

Did you know that if you go to sleep  
with a good intention, you will be  
rewarded?

Mu'adh (رَضِيَ اللَّهُ عَنْهُ) (one of the  
most knowledgeable Companions of  
(the Prophet صَلَّى اللَّهُ عَلَيْهِ وَآلِهِ)  
:said (وَسَلَّمَ)

“As for me, then I sleep and then get up. I sleep seeking Allah's reward for my sleep just as I seek His Reward for my standing (in the night prayer).”

[Bukhari]

This is a wide door of opportunity that extends beyond shopping and sleeping. It includes every Mubah (allowable) activity, such as eating, drinking, talking, exercising.

Here is the third way to attain  
Barakah:

### **3. Recite the Qur-aan frequently**

The Qur-ān is an Attribute of Allaah.

Allah's Attributes are all blessed

Allaah( 'Azza wa Jall) says regarding  
the Qur'ān:

“This is a Book that We have  
revealed, full of Barakah...” ( 3 8:29)



[ Surah Al-An`âm: 155]

Everything connected to the Qur`ân  
is blessed:

1. The angel who brought it down  
( Jibrael) is the best angel
2. The Messenger to whom it was  
revealed (Muhammad صلى الله  
عليه وسلم) is the best Messenger

3. The month in which it was revealed ( Ramadhan) is the best month

4. The night in which it was revealed ( Laylatul Qadr) is the best night

5. So what about the one who recites, reflects, studies, implements, and teaches the Qurān?

One of the Salaf said;

“ The more my portion of the Quraan, the more the blessing in my time, and I continued to increase my portion until it reached ten Ajzaa- ( chapters)”

Similarly, when Adh-Dhiyaa' AlMaqdisi wanted to travel to seek knowledge, Ibrahim Ibn AbdilWaahid Al-Maqdisi [ D. 614 brother of AbdulGhaniy Al-Maqdisi] counselled him saying:

“Increase in reading the Qur-aan and do not leave it off; for indeed that which you seek will become easier for you in proportion to how much you read.”

Adh-Dhiyaa' said: “So I saw that and experienced it a lot; whenever I read a lot, it would become easier for me to listen to and write down a lot of hadeeth, and if I did not read, it would not be easy for me.” [ Dhayl Tabaqqat Al-Hanaabilah ( 3/205)]

Here is the fourth way to attain  
Barakah:

#### **4. Increase in Dhikr**

Fatimah radhiyallahu 'anha, the beloved daughter of the Prophet صلى الله عليه وسلم, once came and complained to her father about excessive household work and requested a slave ( to assist with household chores). Her hands were blistered from grinding the flour in the mill. Later that evening, the

Prophet صلى الله عليه وسلم went to her house. 'Alii radhiyallahu 'anhu, Fatimah's husband was also at home. The Prophet صلى الله عليه وسلم layed down between them and asked them:

“Should I not direct you to something even better than a servant?”

“When you go to sleep say:  
‘SubhanAllah’ 3 3 times,

‘Alhamdulillaah’ 3 3 times, and

‘Allaahu Akbar’ 3 4 times.

It will be better for you than a slave.”

[Bukhaari]

Here is the fifth way to attain  
Barakah:

### **5. Be grateful to Allah**

Be grateful to Him( Allah), and He  
will surely increase you...

That is what Allah promised in the  
Qur-ān, and He certainly does not  
fail in His promises.

Allah The Most High said:



“If you are grateful, I will certainly  
give you more.”

[ Surah Ibrâhîm: 7]

Here is the sixth way to attain

Barakah:

## **6. Asking Allah تعالى و سبحانه for**

### **Barakah**

Allah تعالى و سبحانه :said

“ When My servants ask you (...Oh Prophet) about Me: I am truly near. I respond to one’s prayer when they call upon Me.”

[Surah Al-Baqarah: 186]

سبحانه و: said سبحانه و تعالى And Allah

“ Call upon Me, I will respond to  
you.”

[Surah Ghâfir: 60]

Anas's mother, Umm Sulaim (may  
Allaah be pleased with her), said to  
) the Prophet صلى الله عليه وسلم ;

“ Anas is your servant, so supplicate for him”

The Prophet صلى الله عليه وسلم said:

“ Oh Allah, increase his wealth and offspring, and bless (for him) whatever you give him”

Anas radhiyallahu 'anhu later said:

“ By Allah, my fortune is huge and  
my children and grandchildren are  
now more than one hundred.”

[Reported by Bukhari & Muslim]

Allah is The Most Generous.

He is so Generous that He will never  
leave you empty-handed when you  
call upon Him.

Even if you don't get your wishes answered(...straight away), you never walk away empty-handed.

The Prophet صلى الله عليه وسلم said:

“ If a Muslim makes a supplication ( containing nothing which is sinful nor that which involves breaking ties of relationship), Allah will give them one of three things:

1. He will grant him his wish in this world

2. Store it for him in the Hereafter,  
or 3. Turn away from him an  
equivalent amount of evil.”

Those who heard this said they  
would increase in making  
supplications

So the Prophet صلى الله عليه وسلم  
replied:

“Allah is more (i.e. He is more ready  
to answer than they are to ask).”

[Graded 'Sahih' by Sheikh Albani in his checking of 'Adabul Mufrad']

Here is the seventh way to attain Barakah:

**7. Wake up early and stay productive during the early part of the day**

The Prophet صلى الله عليه وسلم said:

“Oh Allah, bless my Ummah in their early mornings.”



When he صلى الله عليه وسلم sent out a detachment( or an army), he sent them at the beginning of the day.

Sakhr ibn Wadaa'ah Al-Ghamidi ( the Companion who narrated this hadeeth) was a merchant, and he would send off his merchandise at the beginning of the day; and he became rich and had much wealth.”

[Reported by Tirmidhi and others]

**BENEFIT:**

Abu 'Eesa At-Tirmidhi( Rahimahullah) said:

“The Hadith of Sakhr Al-Ghamidi is a Hasan Hadith. We do not know of a narration that Sakhr Al-Ghamidi reported from the Prophet ( صلى الله عليه وسلم ) (other than this Hadith.”

Here is the eighth way to attain Barakah:

## **8. Getting married**

says: سبحانه و تعالى Allah

“Marry off the single among you and those of your male and female slaves who are fit [ for marriage]. If they are poor, Allah will enrich them from His bounty: Allah’s bounty is infinite(...endless) and He is all knowing”

[Surah An-Nûr: 32]

Ibn 'Abbas radhiyallahu ‘anhu commented:

“Allah encouraged with marrying (the Muslims off), and He directed this command to the free men, as well as the slaves, and promised to enrich them on the basis of that.”

[At-Tabari 17/275]

Similarly, the Prophet صلى الله عليه وسلم said:

“There are three for whom it is a right upon Allah to help:

1. The Mujahid who fights in the cause of Allah.
2. The Mukaatab (the slave) who wants to buy his freedom
- 3 . And the one who gets married seeking to keep himself chaste.”

[Reported by Tirmithi, graded 'Hasan' by Sheikh Albani in Saheeh Tirmithi]

Here is the ninth way to attain  
Barakah:

## **9. Honesty in Trade**

Lying, cheating and false oaths are  
not a profitable business

The Prophet صلى الله عليه وسلم said:  
“Both parties in a business  
transaction have a right to annul it,  
so long as they have not separated;

and if they spoke the truth, and made clear the defects of the goods, then they would be blessed in their transaction,

but if they conceal and lie (some facts), their transaction will be deprived of blessing”

[ Bukhaari & Muslim]

Here is the tenth way( and more) to attain Barakah:

## **10. Eating together**

"Eat together and mention the Name of Allah over your food. It will be blessed for you"

[ Reported by Abu Dawud & Ibn Majah, graded 'Hasan' by Sheikh Albani].



## **11. Fear of Allah( Taqwa)**

... Allah The Almighty says in the  
Qur-ān:

“If the people of the towns had  
believed and had Taqwa of Allah, We  
would have showered them with  
blessings from the heavens and  
earth, but they rejected the truth  
and so We punished them for their  
misdeeds”

[Surah Al-A-râf: 96]

## **12. Follow the Sunnah of Rasoolullah صلى الله عليه وسلم**

Ibn 'Abdil Barr rahimahullah said:

“All blessings and goodness lie in following the etiquette of Rasuulullah and obeying his command “ صلى الله عليه وسلم.”

[ At-Tamheed (18/ 182)]

May Allah guide us all Ameen

All praises be to Allah and  
salutations and peace be upon the  
Prophet Muhammad, His Family, His  
Companions and all those that follow  
him until the day of Judgement

## **Bonus Chapter**

### **How to attain Clarity**

#### **Bismillahirrahmaanirraheem**

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To proceed

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Companions and all those that follow  
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To proceed

Quick fix: short term solution

Take 5-HTP every now and again

Caution: Don't overdose and don't

take too frequently to avoid adverse effects

Note: It is better for purity of body and mind to take the vegan alternative

Or if you are really a travelling health seeker or prolific health researching activist, get your hands on the actual fresh, organic griffonia simplicifolia; learn how to make

effective/ safe use of it, before you proceed to far.

And even further to that, plant it yourself and grow it

Long term: Permenant solution

Sequence of Steps one can take:

1. Ask your Creator( Allah for guidance)

2. Learn about your Creator( Allah) from the authentic Islamic sources: i.e. The Quran, authentic narrations of the Prophet( Peace be upon him), according to the understanding of the Companions( May Allah be pleased with them) of the Prophet( Peace be upon him)

3. Submit to your Creator Allah completely( as His completely submitting, thankful and worshipping slave);

a. In His Lordship



b. In Worship of Him alone( not associating any partners at all with him in any shape or form), in the manner that He legislated( in His speech- the Quran, and on the tongue of His Messenger- peace be upon Him- who only spoke by revelation)

c. In His Names and attributes

4. Take ablution( ritual cleansing wash performed before prayer)

5. Learn all the issues concerning the Salah( it's jurisprudence/ understanding)- i.e. it's conditions, prerequisites, it's inner dimensions, the meanings of all that is said in the salah etc etc

6. Be sincere and always ask Allah for sincerity

7. Pray a prayer, having no concern but Allah, and no concern for anything else nor what is outside

the prayer. A prayer where you don't intend to come out of it until your Rabb is pleased with you and you meet him; with all humbleness and submissiveness

8. In that state, stay in the prayer for as long as you need to, imploring your Rabb for guidance, help, support and all goodness of this world and the hereafter, especially during prostration(sujood)- keeping to the guidance of the

Prophet( Muhammad- Peace be upon him)

9. Don't leave the presence of your Rabb until you have attained the khair( good) of what you were seeking- by His permission

10. Wa allahu A'lam/ And Allah knows best

May Allah guide us all Ameen

All praises be to Allah and  
salutations and peace be upon the  
Prophet Muhammad, His Family, His  
Companions and all those that follow  
him until the day of Judgement

## **Du'a**

### **Seeking Allah's Aid**

Oh my Lord( Allah), assist me and do  
not assist (enemies) against me,  
help me and do not help (enemies)  
against me, plot (against others) in

my favour, and do not allow others to plot against me. Guide me and make guidance easy for me. Assist me against those who transgress against me.

Oh Lord( Allah), make me grateful to You, make me one who remembers You, make me one who fears You, make me one who obeys You, as one who is conscious of You, remorseful and repentant.

Oh Lord( Allah), accept my repentance, cleanse me of my errors, accept my invocations, establish my evidences. Guide my heart, set straight my tongue, and remove any malice from my heart

**Jami` at-Tirmidhi 3551 narrated  
by Ibn Abbas**

Oh Allah, we ask You for the goodness of which your Prophet

صَلَّى ﷻ لِلَّهِ عَلَيْهِ وَآلِهِ وَسَلَّمَ had asked  
.You

We also seek refuge in You from the  
evils which Your Prophet صَلَّى ﷻ  
عَلَيْهِ وَآلِهِ وَسَلَّمَ had  
sought Your  
refuge from.

You are the Supporter ( The One  
Whose help is sought) and to You do  
all ordinances rest. There is no might  
nor power except You.



**Riyadh as-Saalihin 1492**  
**hadeeth narrated by Abu**  
**Umaamah رَضِيَ**  
**لِلَّهِ عَنْهُ**

**Supplicating for goodness**

Oh Allah: I ask You ( for the grant of)  
righteous deeds, shunning of evil,  
and love for the poor.

Forgive me and be merciful to me.  
When you wish trial for a group of  
people, ( take me) unaffected.

# FINAL WORD

If you liked the reflective quotes, check out in the links below what was part of the fruits of this work:

1. [www.edriskibalama.com](http://www.edriskibalama.com) A website on creatively designed inspirational quotes images and a [portfolio](#) section outlining my achievements thus far.

- 2.

[www.muslimhomeschoolsoftware.com](http://www.muslimhomeschoolsoftware.com)

A website on Home Educational  
Software for children with an  
Islamised and Ethical curriculum

3.

[www.intelligentmindsconsultancy.com](http://www.intelligentmindsconsultancy.com)

A website on IT support,  
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consultancy

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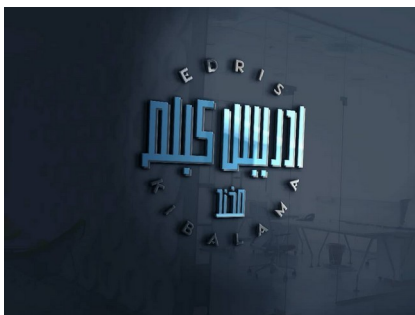
[@edris\\_kibalama](#)

May Allah guide us all Ameen

## **Edris Kibalama**

[Slave of Allah](#)

**"That little seed of hope that will  
never give up hope of life until the  
luscious fruit tree it's meant to be  
will be- in Shaa Allah/By the will of  
Allah"**



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[Assalam 'aleikom/ Peace be  
upon you](#)